

Important Dates

Pupil Free Day

Friday 7 March 2025

Public Holiday -

Adelaide Cup Day

Monday 10 March 2025

2027 Enrolments



Now accepting enrolments for 2027

**2027 RECEPTION AND
RECEPTION MID YEAR INTAKE***

*children turning 5 before 31st October 2027
are eligible for mid year intake!

Ph 8322 7211

Email: info@emmaus.catholic.edu.au

[https://www.emmaus.catholic.edu.au/
enrolment/enrolment-process](https://www.emmaus.catholic.edu.au/enrolment/enrolment-process)

**Applications Close
Friday 11th April 2025**

Cardijn Year 7, 2027 Applications Close Soon!

YEAR 7 2027

Enrolment applications

CLOSING SOON

Apply by Friday 11 April 2025

Enrol now at Cardijn.catholic.edu.au



CARDIJN
COLLEGE
MARIAN CAMPUS

From the Principal



Dear Families.

As we step into another exciting week, let's celebrate the spirit of exploration and growth at Emmaus. Learning something new—whether it's mastering a chord on the guitar, tackling a math concept, or making new friends—requires resilience, patience, and persistence. Growth comes from stepping out of our comfort zones and embracing challenges.

As families, we can support our children by encouraging them to try, stumble, and persist. Just like learning to ride a bike, the process may come with falls, but the reward is independence, confidence, and joy. While it's tempting to smooth the path for our children, true growth happens when they navigate obstacles themselves. As Julie Lythcott-Haims reminds us:

"Prepare the child for the path, not the path for the child."

That's why we're proud to continue The Resilience Project at Emmaus, now in its second year. This program fosters resilience, gratitude, and mindfulness, equipping students with essential life skills. By integrating it into the Emmaus Way, we nurture a supportive environment where every child can thrive—academically and emotionally.

Together, let's build resilient futures for our children.

To further support student well-being, we provide an array of lunchtime activities tailored to engage our students. These include gardening, dancing, participating in the Lego club, as well as a weekly computer space. Additionally, we offer imaginative play stations designed specifically for early years' students. We recognize the importance of allowing children to explore diverse activities, as it fosters their sense of identity, helps them discover their preferences, and facilitates social interaction. Encouraging your child to explore these interests can assist them in finding their place and connecting with others during playtime.

Safeguarding Measures at Emmaus Catholic School

Recent changes in safeguarding regulations have prompted us to review our before and after school procedures to ensure we are fully meeting our compliance obligations. Through this process, we identified some inconsistencies and have worked diligently to align our practices with the required standards. Our highest priority remains the safety and well-being of every child, and we want all parents to have full confidence in our commitment to this.

You will have received an email outlining the necessary updates to our procedures. These changes are essential to comply with regulatory requirements, and while they may bring some adjustments, they are crucial in maintaining a safe and supportive environment for all children.

Thank you for your understanding and support as we continue to uphold the highest standards of child safety and care at Emmaus Catholic School.

Harmony Day at Emmaus

At Emmaus, we celebrate Australian multiculturalism, making Harmony Day an important event for our community. This day promotes inclusiveness, respect, and belonging—values that align perfectly with the Emmaus way.

To celebrate, students are encouraged to wear cultural clothing to showcase their heritage and highlight the rich diversity of our school. If cultural clothing isn't available, students can wear something orange on Friday, 21st March (Week 8)—the colour of Harmony Day—symbolizing unity and respect. An orange ribbon, t-shirt, or shoelaces are all great ways to participate.

Let's make this Harmony Day a vibrant celebration of our unique and diverse community!

Wishing you all a week filled with curiosity, growth, and endless possibilities!

Suzanne Budd

[View this article online to read more](#)

06.03.25

From the APRIM



LENT – AND SEASON OF FASTING...

Lent can be more than a time of fasting.

It can also be a joyous season of feasting.

Lent is a time to fast from certain things and to feast on others.

It is a season to:

Fast from judging others; **feast** on Christ living in them.

Fast from emphasis on differences; **feast** on the unity of all life.

Fast from apparent darkness; **feast** on the reality of light.

Fast from thoughts of illness; **feast** on the healing power of God.

Fast from words that pollute; **feast** on phrases that purify.

Fast from discontent; **feast** on gratitude.

Fast from anger; **feast** on patience.

Fast from pessimism; **feast** on optimism.

Fast from worry; **feast** on appreciation.

Fast from complaining; **feast** on appreciation.

Fast from negatives; **feast** on affirmatives.

Fast from unrelenting pressures; **feast** on unceasing prayer.

Fast from hostility; **feast** on non-resistance.

Fast from bitterness; **feast** on forgiveness.

Fast from self-concern; **feast** on compassion for others.

Fast from personal anxiety; **feast** on eternal hope through Jesus.

Fast from discouragement; **feast** on hope.

Fast from lethargy; **feast** on enthusiasm.

Fast from suspicions; **feast** on truth.

Fast from idle gossip; **feast** on purposeful silence.

Fast from thoughts of weakness; **feast** on promises that inspire.

Fast from problems that overwhelm; **feast** on prayer that undergirds.

Fast from everything that separates us from the Lord; **feast** on everything that draws us to the Lord.

(Fasting and Feasting By William Arthur Ward)

May your Lenten season continue to be a time of growth and discovery- in your relationship with God and the person you were created to be.

SHROVE TUESDAY - PANCAKE FIESTA

Shrove Tuesday is the day just before Ash Wednesday- the beginning of Lent. As Lent is a solemn time of prayer and fasting, Christians in the past made sure they had a good time on Shrove Tuesday, before it begins. They ate all the foods that they would give up during Lent. And many Shrovetide customs are still carried out today!

Emmaus recently held its annual Pancake Fiesta, bringing students and families together for a day of celebration. A heartfelt thank you to our wonderful parent volunteers who generously gave their time to mix, cook, and sort pancakes and toppings. We also appreciate the families who donated toppings in the lead-up to the event—your generosity helped make the day even more special.

The Pancake Fiesta was a great success, creating a warm and joyful atmosphere for our school community. It also provided a meaningful opportunity for students to prepare their hearts and minds for the season ahead.

BREAD DAY- LIVING SIMPLY AND SUSTAINABLY

Each year during Lent, the Emmaus community comes together for Bread Day. This year Bread Lunch Day will be held on Wednesday 2nd April. This day is a special time to reflect on the many gifts with which God has blessed us and consider ways we can live more simply.

Children will be asked to bring a gold coin or donation via Qkr! for Caritas' Project Compassion and will replace their normal lunch with a simple meal of a bread roll. We come together for a special prayer, before sharing our simple lunch. Everything we do has an impact on our earth and the environment and on our human brothers and sisters. So, on this day classes will also consider how they can reduce their impact on the earth's resources. More information to come closer to the date.

MORPHETT VALE PARISH SACRAMENT PROGRAM 2025

This program is especially for children 7 years of age and older who would like to continue their spiritual journey in the Catholic Church, and receive the Sacraments of Reconciliation, First Holy Communion and Confirmation.

The Sacrament Program will be held fortnightly in the Mary Help of Christians Church

Dates:- To be advised

Enrolment Forms can be obtained from:-

- Church foyer
- Parish Office during office hours
- Parish website :- <https://mhocsa.org.au>
- Email:- admin@mhocsa.org.au

Requirements:-

- A copy of the child's Baptism Certificate
- Compulsory attendance at all sessions
- Compulsory attendance at Sunday Mass

If you have any questions, please speak to Fr Christopher on 8326 1555.

THE ALTAR SERVING TEAM – YOUTH SERVICE FOR THE EMMAUS COMMUNITY

We warmly invite our year 3-6 students who have completed their Sacraments of Initiation (Baptism, Reconciliation, Confirmation and first Holy Communion) to join our Altar Serving Team. The team will be trained over a few training sessions led by a parent volunteer and Fr. Christopher, then will take turns Altar Serving at our Thursday morning Masses. Being an Altar Server is a wonderful way to learn more about Holy Mass, to participate more deeply, to serve God and our school community and be an example of Discipleship. If parents or students wish to know more or become involved, please speak with or email Justine Raponi.

Justine Raponi

Acting Religious Education Coordinator

jraponi@emmaus.catholic.edu.au

[View this article online to read more](#)

The Emmaus Way - Italian!



At Emmaus, we love bringing language to life! Maestra Antonella has kindly translated The Emmaus Way three basic expectations into Italian—because what better way to learn than by using it every day?

- Be respectful
- Be ready to learn
- Be safe

Ricordati sempre di:

- avere rispetto
- avere voglia di imparare
- avere cura di te

By using these phrases, we're not just learning Italian—we're living it! Andiamo!

We're working with

THE RESILIENCE PROJECT™

in **2025** to **grow a positive wellbeing culture** in our classrooms, staffroom and wider community.



Proudly supported by **colesgroup**

WELCOME TO THE RESILIENCE PROJECT™

Parents & Carers



Why?



1 in 4 adolescents have a mental illness.



65% of adolescents do not seek help.



1 in 7 primary school children have a mental illness.



1 in 5 adults will experience mental illness.



Over 50% of students are at risk of a poor learning mindset (anxiety + disengagement).

Source: National Survey of Mental Health and Wellbeing, Australian Institute of Health and Welfare, Australia's Youth: Mental Illness

About the program

TRP is committed to teaching positive mental health strategies to prevent mental ill health and build young people's capacity to deal with adversity.

We're proud to be implementing TRP's evidence-based whole school wellbeing program to support positive mental health in the classroom, staffroom and wider community.

Students will engage in weekly lessons to understand and strengthen their practice of **Gratitude**, **Empathy**, **Mindfulness** and **Emotional Literacy**, with regular opportunity for parent/carer involvement.



Get involved with TRP@HOME

Scan the QR code or [click here](#) to find activities and resources to implement the GEM+EL principles at home.



Evidence-based

TRP's School Partnership Program has been independently evaluated by [The University of Adelaide](#) and [The University of Melbourne](#).



Scan the QR code to learn more about how the program is significantly lowering the risk of mental illness.



The imperfects podcast

[The imperfects](#) is hosted by Hugh van Cuylenburg, Ryan Shelton and Josh van Cuylenburg, celebrates just how imperfectly perfect we all are. Together, they chat to a variety of people who bravely share their struggles and imperfections alongside valuable learnings we can apply to our own lives and use to support the teachings of TRP in the classroom. Guests include Nathan Buckley, Grace Tame, Jack Steele, Zan Rowe, Michael Klim, Billy Slater, Lael Stone, Pat Cummins, Tim Minchin and many more.



(03) 9113 9302 theresilienceproject.com.au

THE RESILIENCE PROJECT.

Children's University is BACK for 2025!

Children's University Adelaide - Emmaus Catholic School - 2025



As part of our Enrichment@Emmaus program, we are very excited to announce that we will be involved in 'Children's University Australia' again this year. We will be offering this program to anyone interested in years 4-6.

Children's University Australia aims to provide high quality out of school hours activities, engaging the wider community as learning partners in this process. It fosters wellbeing by promoting 'free range learning', encouraging children to try out new activities, discover new passions, visit new places and above all, have fun! Participation is voluntary and it is intentionally something other than school. Activities take place outside the normal school day during lunch, after school, on weekends and during the holidays.

Participating students are issued with a 'Passport to Learning' which records their individual learning journey. After 30 hours of learning, the children are rewarded for their participation with certificates at a graduation ceremony to be held at the University of Adelaide.

Enrolling

All students wishing to either join for the first time or continuing their CU journey will need to fill in the online form to register. This can be accessed by clicking on the link below where you will be directed to the appropriate form for Emmaus.

[2025 CU Membership Registration form](#)

If your child would be interested in joining, please:

- Fill in the online form and
- Forward your payment by using QKR. The annual fee is \$38.50 (inc. GST) per child which includes a passport in the first year only. Please note that membership fees for school card holders are \$16.50 (inc GST).

This year's cut off for registration will be Friday 28th March. Unfortunately, no late registrations will be accepted so jump on and register.

Please reach out if you have any questions.

Kristy McKay

Children's University Coordinator

Get involved: Volunteer at Emmaus!



Volunteers play a vital role in our school community, and we welcome your support! To ensure the safety and wellbeing of our students, all volunteers must have:

- A current Working With Children's Check
- A current Catholic Clearance
- A current Responding to Risks of Harm, Abuse, and Neglect in Education and Care (RRHAN-EC) Certificate
- Completion of the volunteer induction

△ Reminder: The RRHAN-EC certificate expired last year, so please check that yours is up to date with an expiry of 31 December 2027 to ensure you are compliant.

For more information or to get started, please download your volunteer pack [here](#). Thank you for making a difference!

OSHC Fees



A reminder to OSHC families that fees are due to be paid in full at the end of each fortnight.

OSHC statements are generated fortnightly and notifications are emailed to families with a link to your Fullybooked accounts where you can view your latest statement. If you do not receive a notification, it is still your responsibility to check your account to view your latest statement.

Please ensure you stay on top of your OSHC payments as accounts not paid in full may be suspended and OSHC bookings may be cancelled.

Payment can be made via QKR! or via direct deposit BSB 066-782 A/C 100002617.

We thank you for your ongoing support in keeping our OSHC service running.

We're going cashless!

We're Going Cashless!

To streamline payments and improve security, our school is now completely cashless. From now on, all payments must be made using one of the following methods:

Electronic Funds Transfer (EFT)

Credit Card

QKR! App

Loop App (for Lucky Book Club orders)

This change ensures a safer and more efficient payment process for families and staff. If you have any questions or need assistance setting up a payment method, please contact the school office.

Thank you for your cooperation!

Please note: Cash will only be accepted for second-hand-uniform sales from the uniform shop, where a family is selling an item, as this money will go directly to that family.

QKR Guide



QKR is a convenient app that simplifies and speeds up the process of paying for school-related items.

Emmaus Catholic School utilises QKR to make it easier for parents to pay for various expenses, including School Fees, OSHC Fees, Enrolment Fees, Instrumental Hire, P&F Events, Special Lunches, Excursions and Camps, and more.

To help you get started with the app, we've provided the QKR Guide, which you can [download here!](#)

[Download QKR for Apple here](#)

[Download QKR for Android here](#)

School Uniform



Please visit the link to the [Emmaus Catholic School Uniform Policy](#)

In line with our SunSmart policy, students are required to wear the Emmaus bucket hat during Terms 1, 3 and 4.

Students without a hat will be required to play under the shelter only at recess and lunch times.

Emmaus hats are available for purchase at Lowes, Colonnades. A small number of hats are available for sale in the Front Office for \$21. Sizes small or medium.

Hats





Bucket Hats can be purchased from Lowes at Colonnades or there is a small supply available in the front office that can be purchased for \$23.

Hats are now to be worn during recess and lunch breaks when outside.

Reporting an Absence



Ensuring the safety and well-being of our students is a top priority here at Emmaus. As such, we would like to remind all parents and

guardians of the multiple avenues available to report student absences or late arrivals.

To report your child's absence or late arrival, please use one of the following methods:

Reply Text to 0417 038 063. Please note that direct messages to this number will not be received.

Phone (08) 83227211: Speak to our friendly staff or leave a message on our answering machine if calling before 8:30am.

Email: Send an email to absent@emmaus.catholic.edu.au or information@emmaus.catholic.edu.au.

We kindly ask that you contact the front office for any absenteeism notifications. Due to the morning activities in classrooms, it may not always be possible for teachers to relay messages to the office before 9 am.

For extended leave requests of 5 days or more, please complete the absenteeism form at the front office.

Late Arrivals and Early Departures:

If your child arrives late to school or needs to leave early, they must be signed in/out via the iPad at the front office by a parent or guardian.

It's important to note that if a student is late to class and the arrival hasn't been reported to the front office, they will be marked as absent, and a text will be sent to parents from 0417 038 063.

Thank you for your cooperation and support in ensuring the safety and well-being of all our students.

Kiss and Drop Guidelines

The Kiss and Drop zone is the yellow marked area as you enter the carpark from Todd Street, that enables you to drop off and pick up your children safely and quickly.

The intention is that drivers do not wait in these zones and that you stay in the vehicle to ensure traffic is streamlined and traffic queues are minimized.

In reality, it only takes one or two inconsiderate drivers to overstay in the zone and the system breaks down, leading to frustration and delays.

Please familiarise yourself with our Kiss and Drop guidelines:

- Kiss and Drop zone is a NO PARKING zone. If your child is not ready and waiting for you, please continue to lap the carpark. Alternatively, park your vehicle in a carpark and wait. Please do not park in the kiss and drop zone to wait for your child as this builds up traffic on Todd Street where accidents have occurred. The aim of Kiss and Drop is for free flowing traffic.
- It is an expectation that drivers continue to the end of the kiss and drop zone, to allow room for others.
- For safety, it is recommended that students exit and enter the vehicle kerbside only. Children should have their schoolbags on their lap to ensure the driver does not need to exit the vehicle.
- Do not get out of your car.
- If you are required to get out of your vehicle to assist your child with their bag or seatbelt, please do not use Kiss and Drop. Park your vehicle so you can assist your child safely.
- Staff will be on Kiss and Drop duty to assist with free flow of traffic and child safety from 8.30am - 8.45am and 3.05pm - 3.25pm. Please ensure your child is collected by 3.25pm.
- Please use the pedestrian crossing when walking between the carpark and the Kiss and drop area.
- Please ensure you remain under the speed limit of 10km/h at all times.

Staff have been advised to remind all families to use the crossing correctly. If you choose not to use the crossing, you will be redirected by staff on duty. Please do not take this personally; it is their job to keep everyone safe.

Emmaus Carpark

Icy Pole Fridays!



Icy Pole Fridays

Icy Pole Update – Thank You for Your Support!

Thank you for your patience and support as we continue to refine the icy pole process. Last week, we had an incredible response, with over 200 icy pole cards purchased!

A friendly reminder that there are no provisions for cash purchases. The icy pole card not only serves as payment but also acts as parental permission for your child to receive an icy pole. For safety reasons, no card means no icy pole.

If you would like to purchase a card, please ensure this is done before 5:00pm on Thursday afternoons.

For our younger students, Reception and Year 1s will be able to collect their icy pole between 12:40 – 12:50pm.

Thank you again for your continued support!

Preparing for Success: A Guide to NAPLAN at Emmaus Catholic School

As we approach the National Assessment Program – Literacy and Numeracy (NAPLAN) testing period, we want to provide you with essential information to ensure a smooth and stress-free experience for both students and parents.

What is NAPLAN?

NAPLAN is a nationwide assessment for students in Years 3, 5, 7, and 9, designed to evaluate their literacy and numeracy skills. The test provides valuable insights into a student's academic progress and helps identify areas that may require additional support.

Key Dates: Wednesday 12 March to Monday 24 March 2025.

Year 3

Writing - 40 min - Wednesday 12th of March (Paper format)

Reading - 45 min - Thursday 13th of March (Online)

Conventions of language - 45 min - Friday 14th of March (Online)

Numeracy - 45 min - Monday 17th of March (Online)

Year 5

Writing - 42 min - Wednesday 12th of March (Online)

Reading - 50 min - Thursday 13th of March (Online)

Conventions of language - 45 min - Friday 14th of March (Online)

Numeracy - 50 min - Monday 17th of March (Online)

How Can Families Prepare?

Maintain a Positive Attitude: Emphasise that NAPLAN is not about passing or failing but is an opportunity to showcase skills. Encourage a positive mindset to alleviate stress.

Regular Attendance: Ensure your child attends school regularly, especially during the testing period. Consistent attendance helps build routine and familiarity.

Adequate Rest and Nutrition: A well-rested and well-nourished student is better equipped to face challenges. Ensure your child gets enough sleep and eats a balanced breakfast on test days.

Encourage Reading and Numeracy Practice: Regular reading and numeracy exercises at home can boost confidence and reinforce key skills. Make learning enjoyable through games and activities.

Open Communication: Keep an open line of communication with your child's teacher. If you have any concerns or questions, don't hesitate to reach out.

How will Emmaus support your child?

We are committed to creating a supportive environment for our students during the NAPLAN testing period. Our teachers will be preparing students with relevant materials and strategies to help them feel confident and capable.

Should you have any specific concerns or require additional information, please do not hesitate to contact your child's teacher or Kate Thompson via the school office.

Thank you for your ongoing support as we work together to ensure a positive and successful NAPLAN experience for every student.

[View this article online to read more](#)

Student Safety - SAPOL Personal Safety/Safety for Young People

As always, we remind families to speak to their children about safety and keeping themselves safe.

SAPOL would like to remind students and families to be wary of approaches from strangers, especially when students are unaccompanied or travelling to and from school. If they are approached students should not respond and should not accept offers of

rides or gifts.

Students should seek the assistance of other nearby adults if they feel unsafe and should report the event to a trusted adult (parent or school staff member) as soon as possible.

SA Police advises that taking out a mobile phone and calling police can deter the offender and they recommend the student making a formal report to their closest police station.

For guidance on what to teach your child about strategies for saying safe, please see the image below.



PERSONAL SAFETY

SAFETY FOR YOUNG PEOPLE

Everyone has the right to be and feel safe and it is important, no matter what your age or circumstances, that you discuss with a trusted adult strategies on staying safe. Consider these safety tips when you are out and about:

- Check timetables of transport so you can limit waiting times at stops.
- If possible meet up with other students either at your stop or while travelling.
- Be aware of your surroundings.
- Where possible, sit close to the driver. Select to sit with another passenger as opposed to having someone choosing to sit next to you.
- If the behaviour of someone is offensive or illegal, move away and tell the driver immediately and contact police.
- When out walking always be alert, walk with confidence and stay in populated areas.
- Walk against the flow of traffic if possible and walk with other students.
- Don't take short cuts through dark streets or isolated parks.
- If someone in a car stops and asks for directions, do not stop and continue walking.
- Never get into a vehicle with someone you don't know or don't feel comfortable with.
- When using headphones, only have one earpiece in so you can still hear everything around you.
- If you take a regular route to school, identify safe locations. This may be a friend's house, local shop, or hospital.
- If you are going somewhere before or after school, tell a trusted adult.
- If you are concerned about the behaviour of others while travelling on public transport, it is important to let your school administration staff or an adult know immediately.

If you find yourself in a dangerous situation:

- Trust your instincts and leave the area immediately.
- Yell for help and make a lot of noise to draw attention to yourself.
- Make a note of the person or vehicle registration number.
- Seek refuge somewhere safe and immediately call police.

If you have any questions please contact your nearest police station or visit www.police.sa.gov.au



SOUTH AUSTRALIA POLICE
SAFER COMMUNITIES



Government
of South Australia

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School Hours

SCHOOL HOURS

OSHC: 6.45am - 8.30am

Morning Supervision: 8.30am – 8.40am

Students arriving before 8.25am must be booked into OSHC. Students arriving after 8.25am must remain in the breezeway until yard supervision commences at 8.30am.

School Commences: 8.45am

(All students must be in class at this time or will be marked as absent or late arrival)

Recess: 11.00am – 11.30am

Lunch: 12.50pm – 1.30pm

Eating time: 1.30pm - 1.40pm

School Dismissal: 3.05pm

Students must be collected from kiss n drop by 3.25pm.

OSHC: 3.05pm - 6.30pm

Afternoon gates open at 3pm - thank you for your patience.



Volunteers at Emmaus

VOLUNTEERS AT EMMAUS



We value parent involvement at our school. The knowledge, skills, dedication and time that you share with us is greatly appreciated. The following are required to be completed prior to commencing any volunteer duties:

- Working With Children Clearance
- Catholic Police Clearance
- Completion of Volunteer Induction
- Responding to Risks of Harm, Abuse and Neglect in an Education Setting course

Please contact the front office to collect your Volunteer Induction Pack and to initiate your Working With Children Check if required.



CLUBBERCISE

Woodcroft

@ Emmaus Catholic School

MONDAYS 7 PM

DANCE. COMBAT. TONING

**In the dark, to 90s-00s dance
tracks with flashing glowsticks!**

Garden Club Mondays lunchtime



Volunteers Wanted

We'd love an additional helper or two occasionally for the very popular Garden Club. We demonstrate and supervise planting, watering, harvesting, weeding and general garden maintenance with the children in the school garden.

Volunteers are required to have completed a Volunteer Induction - please see the Front Office for further information.



Grow Free Cart



GROW FREE CART

The perpetual sharing cart has proven to be a delightful resource for our school community again.

A huge thank you to the wonderful families bringing their produce to share.

**"Take what you need,
give what you can"**



Located by the main doors of the Aspire Building